# Fit Zone Classes

Free for UCLA Faculty & Staff

## WORK WEEK GROUP FITNESS CLASSES

### INTERIM SCHEDULE

**June 11-June 15**

*Cancellations and location changes are subject to change.*

### REGISTRATION

**REGISTER FOR FITZONES BY TAKING ELECTRONIC SURVEY HERE**

**CHECK FOR UPDATES/CANCELLATIONS**

[www.recreation.ucla.edu/fitzones](http://www.recreation.ucla.edu/fitzones)

### CLASS INFORMATION

Please wear comfortable clothes that allow for free movement and silence all phones. Try to be on time for class, but coming late and leaving early are permissible to accommodate your work schedules.

Upon arrival, please show Bruin ID and sign-in. Outdoor classes do not meet in rainy weather. All classes subject to change without notice.

### MARC C-SPACE CLASSES:

Yoga and Tai Chi classes also available for Health Systems Employees only at the Mindful Awareness Research Center in the Semel Institute/CHS Building

C-Space Class Schedule Available at: [www.marc.ucla.edu/c-space-class-schedule](http://www.marc.ucla.edu/c-space-class-schedule)

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<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
<th>THURSDAYS</th>
<th>FRIDAYS</th>
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</thead>
<tbody>
<tr>
<td><strong>YOGA FOR BEGINNERS</strong>&lt;br&gt;11am-12pm Wilshire Center Ste 130</td>
<td><strong>TOTAL BODY WORKOUT</strong>&lt;br&gt;11:30-12:25pm Wilshire Center Ste. 130</td>
<td><strong>YOGALATTES</strong>&lt;br&gt;11am-12pm Wilshire Center Ste 130</td>
<td><strong>TOTAL BODY WORKOUT</strong>&lt;br&gt;11:30-12:25pm Wilshire Center Ste. 130</td>
<td><strong>DANCE IT OUT/ZUMBA</strong>&lt;br&gt;12:10-12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup</td>
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<td><strong>YOGA BEG/INT</strong>&lt;br&gt;12:10-1:10pm Wilshire Center Ste 130&lt;br&gt;12:00-12:55pm Kaufman Rm. 250</td>
<td><strong>ZUMBA &amp; CONDITIONING</strong>&lt;br&gt;12:30-1:25pm Wilshire Center Ste 130</td>
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<td><strong>YOGA BEG/INT</strong>&lt;br&gt;12:00-12:55pm Mol Sci Rm 3440</td>
<td><strong>HIP HOP GROOVES DANCE FITNESS</strong>&lt;br&gt;12:10-12:50pm CHS 8th Floor Patio or Semel Auditorium as a backup</td>
<td><strong>TAI CHI AND QI GONG</strong>&lt;br&gt;12:00-12:00pm Le Conte Ave/Westwood</td>
<td><strong>TOTAL BODY WORKOUT</strong>&lt;br&gt;1:30-2:25pm Wilshire Center Ste. 130</td>
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<td><strong>ZUMBA /DANCE IT OUT</strong>&lt;br&gt;12:10-12:50pm Kaufman RM 230</td>
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<td><strong>YOGA BEG/INT.</strong>&lt;br&gt;12:00-1:00pm Mol Sci Rm 3440</td>
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